



Life. Love. Legacy.™
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Hendersonville, TN 37075

YOUR LEADERSHIP TEAM



Kasey Commerer
Executive Director



Lisa Eastland
Sales & Marketing
Director



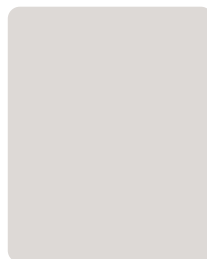
Callie Valentine, LPN
Resident Services
Director



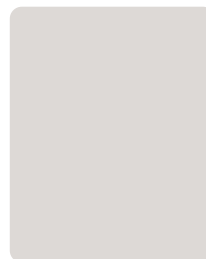
Susan Burdorf
Life Enrichment
Director



Rubin Schmier
Dining Services
Director



Chris Buck
Maintenance
Director



Dana Welsh
Business Office
Manager



Eric Jackson
Chaplain



LEGACY VILLAGE OF HENDERSONVILLE

NEWSLETTER | SEPTEMBER 2026



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

There's a story woven into nearly every family: parents who spent years pouring themselves into their children—driving to lessons and games, cheering from the stands, making sure everyone had what they needed. As time goes on, those children grow up, start families of their own, and the days fill up with new responsibilities. Then come grandchildren, and even great-grandchildren, and life gets busier still. It's not that anyone means to drift apart, but as the seasons change, the parent who once held everything together can sometimes feel a little more alone.

That's why National Assisted Living Week holds such special meaning for us each September. Each year, the week begins on Grandparents Day and this year carries the theme "Shining through the Years"—a celebration of the many decades of memories, music, and experiences that our residents bring to our community. When someone who spent a lifetime caring for others joins us here, they find themselves surrounded by new friends, compassionate team members, and a sense of belonging that can quickly brighten even the quietest days.

Research shows that these daily interactions—sharing meals, swapping stories, simply greeting a neighbor—don't just lift the spirit; they truly make a difference in health and

happiness. Seniors who are socially connected are more likely to enjoy improved mood, better cognitive health, and a lasting sense of purpose. Even a single conversation can be a reminder that no one is ever truly alone.

As we mark National Assisted Living Week, we honor all those who have helped shape families and communities for generations. We thank you—residents, families, and team—for sharing your lives and legacies with us, and for allowing us to be part of your journey.

If you're curious about the celebrations or opportunities to connect this month, you'll find more information on our calendar or inside this newsletter. Whether you join us for a visit, a conversation, or simply a cup of coffee, you are always welcome.

Thank you for allowing us to continue serving you and your loved ones. May God bless you with peace, joy, and the reminder that every stage of life is worthy of love, attention, and connection.

Sincerely,

Kasey Commerer
Executive Director



Celebrations & Milestones

Welcome home!

- Sam Strange

RESIDENT BIRTHDAYS

- Sept. 1: Julie Cramer
- Sept. 21: Lenda Smith

TEAM MEMBER BIRTHDAYS

- Sept. 14: Jasmine H.

RESIDENT ANNIVERSARIES

- Willa Hickman—5 yrs
- Deborah Cook—4 yrs

TEAM ANNIVERSARIES

- Diamond D.—2 yrs
- Audrey D.—2 yrs
- Ana C.—2 yrs

SEPTEMBER ACTIVITY Highlights

- 3rd Baking Group: Dutch Sugar Cookies
- 8th Monthaven Art Project I
- 11th Flowers for Hospice
- 13th Special concert by Nashville Symphony
- 15th Monthaven Art Project II
- 15th Photography Group Field Trip
- 18th Rutherford Historical Society: History of Tennessee Whiskey
- 25th Monthly Birthday Party with Music by Patrick Calvert



WATCHING GROW & LETTING GO: Butterfly Release



AN EVENING WITH THE GAMBLER

Residents enjoy a Kenny Rogers Tribute at The Palace in Gallatin



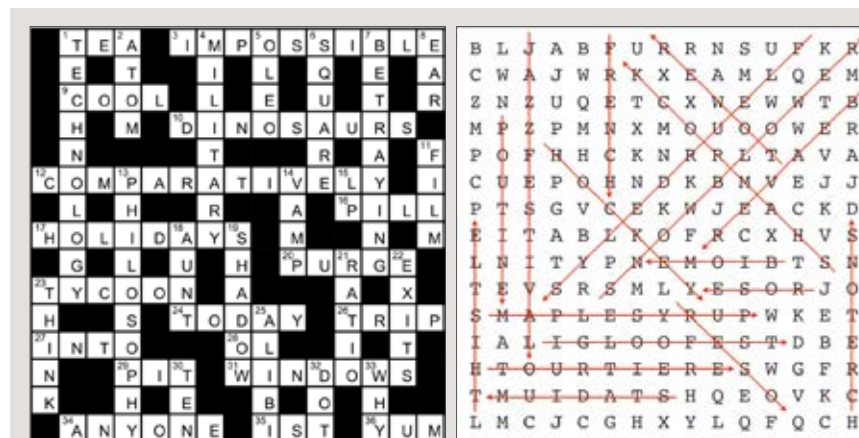
Sew Much Joy

We're excited to share the pillow Connie made in our new quilting group—a gathering that's quickly become a favorite, whether you're an old pro with a sewing machine or just learning what a bobbin is. With experienced quilters and total beginners side by side, everyone's sharing tips, swapping stories and having plenty of laughs along the way. Judging by Connie's handiwork, we can't wait to see what beautiful things this group will make next!

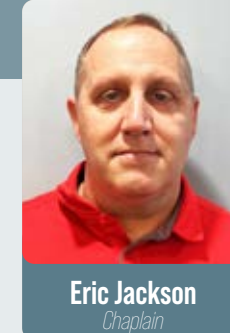


CAN YOU IDENTIFY THESE POPULAR 70S TOYS?

The answers can be found on one of the calendars.



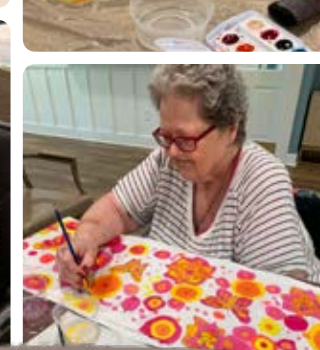
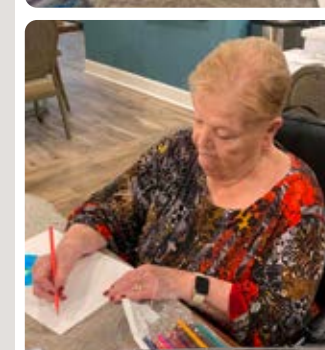
BE THE HELPER



In Genesis 2:18 God said "It is not good for man to be alone, I will make a helper for him." God saw that man needed someone by his side.

Man needed someone to walk with in the good and difficult times in life because it can be challenging. No one is exempt, we all face illness, job loss, grief, uncertainty—and we are not equipped to face these challenges alone.

From the beginning, God made us to be in community. Each day God would come down in the cool of the day in the Garden of Eden and visit with Adam and Eve. He created us as social beings—to reach out for support when we are struggling, and likewise to be a steady presence to another in their time of need. If you know someone who is walking through a valley right now, be the "helper" – offer your ear, your hand, your heart. God did not intend for us to be alone. Let us be the helpers—the Christian Community that God yearns for us to be.



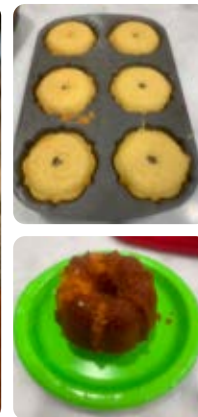
MONTHAVEN ART PROJECT



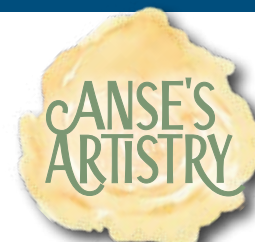
C'est Magnifique!



NOT A MICHELIN STAR IN SIGHT, BUT THE FRENCH YOGURT CAKE TURNED OUT DELICIOUS!



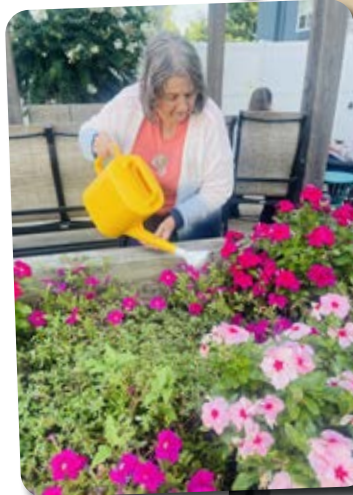
NOT TO BE OUTDONE... KAREN THOMPSON'S PATISSERIE TREATS—SHE MADE ECLAIRS AND MACAROONS FOR ALL



CREATING BEAUTY FOR OUR DINING ROOM



THE HEALING POWER OF PETALS



RESIDENTS WATER THE GARDEN. (AND THEMSELVES.)



CARDS FOR VETERANS

Each quarter, our Assisted Living Life Enrichment Director, Sue, and residents choose a special service project. This time, they're honoring veterans by creating heartfelt cards—filled with gratitude, kindness and thanks for the sacrifices made in service to our country.



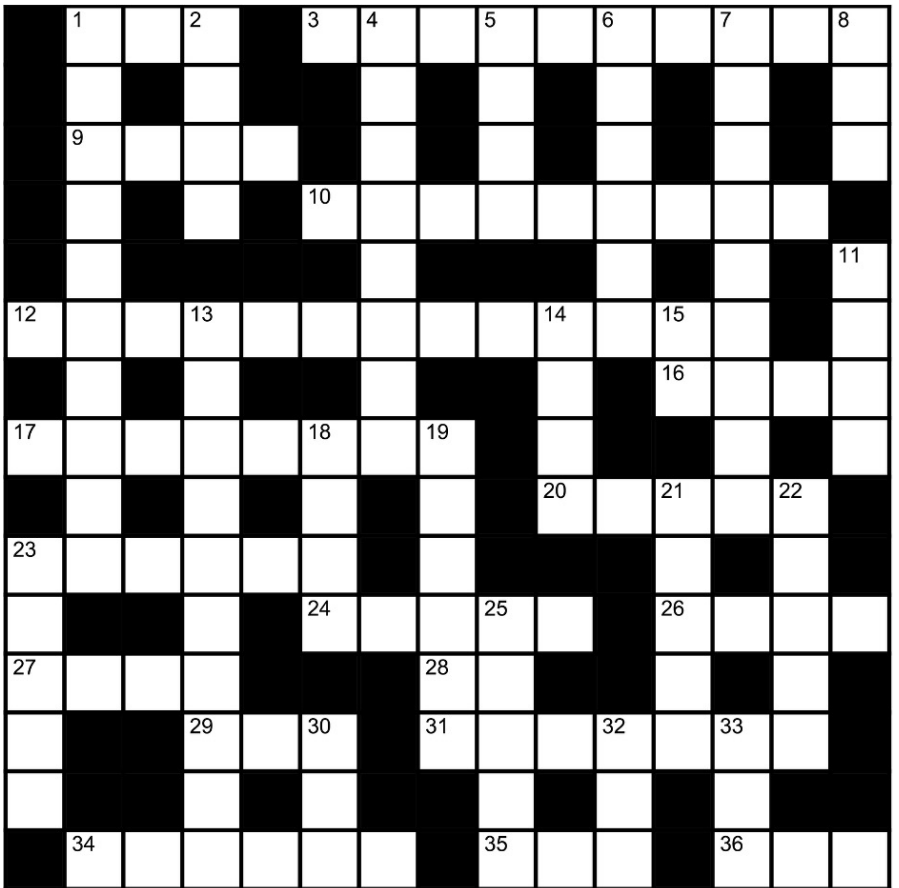
IF YOU LOVE WHAT WE DO, PLEASE LEAVE A REVIEW!

Your kind words don't just make our day—they help other families discover a community where their loved ones can feel at home. Just scan the QR code to share your experience.





- ACROSS**
- 1. Trade Expansion Act, abbrev.
 - 3. Incapable of being done
 - 9. Paul Newman film, ___ Hand Luke
 - 10. Extinct prehistoric reptiles
 - 12. By way of contrast; relatively
 - 16. Tablet or capsule, perhaps
 - 17. Christmas and New Year's
 - 20. To clear out or throw away unwanted items
 - 23. Business magnate
 - 24. It will end at midnight
 - 26. Excursion
 - 27. "What's gotten ___ you?"
 - 28. Offensive line, abbrev.
 - 29. Plum part
 - 31. Glass house features; picture _____
 - 34. Tom, Dick, or Harry
 - 35. Individual Study Time, abbrev.
 - 36. "Tasty!"
- DOWN**
- 1. The T in IT: Information ____
 - 2. Molecule part
 - 4. Of the armed forces
 - 5. Butter alternative
 - 6. Equal-sided rectangle
 - 7. Double-crossing
 - 8. Corn serving
 - 11. Darkroom development
 - 13. Study of the nature of existence and morality
 - 14. A dangerous seductress
 - 15. Vinyl record
 - 18. Em, to Dorothy
 - 19. Peter Pan lost his
 - 21. 4:1, for example
 - 22. Goes offstage
 - 23. "I ____ I can, I ____ I can"
 - 25. Cover story?
 - 30. Roman numeral X = ____
 - 32. Period
 - 33. Kid's query



MEET ME IN
Montreal

The words listed can be found vertically, horizontally, diagonally, forward, and backward.

BEAVER	IGLOOFEST	SHAMROCK
BIOME	JAZZ FESTIVAL	SNOWBLOWER
CRETONS	MAPLE SYRUP	STADIUM
FLEUR-DE-LYS	POUTINE	THISTLE
FRENCH	RESO	TOURTIÈRE
HOCKEY	ROSE	TOWER



September 2026

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 am Start the Day Morning Chat 10:00 am Garden Maintenance /Snacks and Hydration 11:00 Sit and Be Fit w/Shayla 1:00 pm Simple C Trivia 1:30 pm Let's get Moving 2:00 pm Ribbon Making Craft 3:30 pm Snack and Hydration	2 9:30 Start the Day / Scriptures 10:00 am Devotion with Pastor Eric 11:15 am Our Lady of the Lake Catholic Church Communion 1:30 pm Gentle Chair Exercise 2:00 pm Simpe C Trivia Games 2:30 pm Let's Get Moving 3:00 pm UNO/Bingo 3:30 pm Snack and Hydration	3 9:30 am Start the Day / Scriptures 10:00 am Daily Chronicles 10:30 am Let's Get Moving 11:00 am Aromatherapy 1:00 pm 1:30 pm Gentle chair exercises 3:00 pm Snack and Hydration	4 9:30 am Start the Day: Morning Chat 10:00 am Let's Make Cookies 10:30 am Let's Get Moving: AM Garden 11:00 am Name that tune 1:00 pm Movie and Popcorn 3:00 am Lucynt Interactive Games	5 10:00 am Let's Get Moving: AM Walk 10:30 am Simple C Trivia 1:00 pm Ring toss/Games 1:30 pm Classic 2:00 pm Hydration and Snacks 3:00 pm Let's Get Moving: Garden 3:30 pm B&W Classic TV 4:00 pm Quiet Reflection
6 9:30 am Rise and Connect 10:00 am YouTube Devotion 10:30 am Lucynt Interactive Games 11:00 am Walk in the Garden 1:30 pm Quiet Reflection 2:00 pm Classic Movie /TV Shows	7 9:30 am Start the Day: Morning Chat 10:00 am Daily Chronicles 10:30 am Let's Get Moving: Garden 11:00 am Scenic Views and Scriptures 1:00 pm LABOR DAY CELEBRATION 3:30 pm Snack and Hydration Labor Day	8 9:30 am Start the Day Morning Chat 10:00 am Daily Chronicles 10:30 am Let's get Moving 11:00 am Sit and Be Fit w/Shayla 1:00 pm Simple C Trivia 2:00 Joymakers Arts and Crafts/Balloon Games/Ice Cream/ Scriptures 3:30 pm Snack and Hydration	9 9:30 Start the Day / Scriptures 10:00 am Devotion with Pastor Eric 11:15 am Our Lady of the Lake Catholic Church Communion 1:30 pm Gentle Chair Exercise 2:00 pm Simpe C Trivia Games 2:30 pm Manicures w/Laurita 3:30 pm Snack and Hydration	10 9:30 am Start the Day / Morning Chat 10:00 am Daily Chronicles 10:30 am Let's Get Moving: Dance 11:00 am Scenic Views 1:00 pm Outside 1:30 pm Gentle chair exercises 3:00 pm Snack and Hydration	11 9:30 am Start the Day / Scriptures 10:00 am Let's make Cookies 11:00 am Aromatherapy 1:00 pm Singalong 1:30 pm Arts and Crafts 2:30 pm Classic Movie 3:00 pm Snack and Hydration Rosh Hashanah Begins	12 10:00 am Let's Get Moving: AM Walk 10:30 am Simple C Trivia 1:00 pm Arts and Crafts 1:30 pm Classic TV 2:00 pm Hydration and Snacks 3:00 pm Let's Get Moving: Garden 3:30 pm Balloon Volleyball 4:00 pm Arts and Crafts
13 9:30 am Rise and Connect 10:30 am Garden or Walk Outside (weather permitting) 1:30 – 3:30 pm First Baptist Church Ministry in Theater Every 2nd Sunday of the Month 3:00 pm Classic TV- Residents Choice Quiet Reflection and / or Family Visits Grandparents Day	14 9:30 am Start the Day: Morning Chat 10:00 am Daily Chronicles 10:30 am Let's Get Moving: Garden 11:00 am Scenic Views and Scriptures 1:00 pm Simple C Trivia 1:30 pm Singalong 2:00 pm Monday Manicures w/ Laurita	15 9:30 am Start the Day Morning Chat 10:00 am Daily Chronicles 10:30 am Let's get Moving 11:00 am Sit and Be Fit w/Shayla 1:00 Arts and Crafts project- "The Promise Garden" 3:30 pm Snack and Hydration	16 9:30 Start the Day /Scriptures 10:00 am Devotion with Pastor Eric 11:15 am Our Lady of the Lake Catholic Church Communion 1:30 pm Gentle Chair Exercise 2:00 pm Simpe C Trivia Games 2:30 pm Let's Get Moving 3:00 pm Singalong- Susie Q 3:30 pm Snack and Hydration	17 9:30 am Start the Day Morning Chat 10:00 am Daily Chronicles 10:30 am Let's Get Moving: Exercise 11:00 am Aromatherapy 1:00 pm Garden 1:30 pm Arts and Crafts 2:30 pm UNO/Games 3:00 pm Snack and Hydration 3:30 pm Arts and Crafts	18 9:30 am Start the Day / Scriptures 10:00 am Let's make Cheesecake 10:30 am Let's Get Moving: Exercise 11:00 am Ring Toss 1:00 pm Simple C Trivia 1:30 pm Kick Ball 2:30 pm Movie- Singing in the Rain 3:00 pm Snack and Hydration	19 10:00 am Let's Get Moving: AM Walk 10:30 am Simple C Trivia 1:00 pm Puzzles/UNO 1:30 pm Classic TV 2:00 pm Hydration and Snacks 3:00 pm Let's Get Moving: Garden 3:30 pm Singalong 4:00 pm Arts and Crafts Oktoberfest Begins
20 9:30 am Rise and Connect 10:00 am YouTube Devotion 10:30 am Lucynt Interactive Games 11:00 am Walk in the Garden 1:30 pm Quiet Reflection 2:00 pm Classic Movie/TV Shows Yom Kippur Begins	21 9:30 am Start the Day: Morning Chat 10:00 am Daily Chronicles 10:30 am Let's Get Moving: Garden 11:00 am Water Paints and Large Jigsaw puzzles 1:00 pm Simple C Trivia 1:30 pm Singalong 2:00 pm Monday Manicures w/ Laurita 3:30 pm Snack and Hydration	22 9:30 am Start the Day Morning Chat 10:00 am Daily Chronicles 10:30 am Let's get Moving 11:00 am Sit and Be Fit w/Shayla 1:00 pm Simple C Trivia 1:30 pm Let's get Moving 2:00 Joymakers Arts and Crafts/Balloon Games/Ice Cream 3:30 pm Snack and Hydration Autumn Begins	23 9:30 Start the Day / Scriptures 10:00 am Devotion with Pastor Eric 11:15 am Our Lady of the Lake Catholic Church Communion 1:30 pm Gentle Chair Exercise 2:00 pm Simpe C Trivia Games 2:30 pm Let's Get Moving 3:00 pm UNO 3:30 pm Snack and Hydration	24 9:30 am Start the Day / Scriptures 10:00 am Daily Chronicles 10:30 am Let's Get Moving: Exercise 11:00 am Aromatherapy 1:00 pm Walk 1:30 pm Gentle chair exercises 3:00 pm Snack and Hydration	25 9:30 am Start the Day / Scriptures 10:00 am Let's make fried green tomatoes 10:30 am Let's Get Moving: Exercise 11:00 am Aromatherapy 1:00 pm Simple C Trivia 1:30 pm Arts and Crafts 2:30 pm Nickie and Strings 3:00 pm Snack and Hydration 3:30 pm Arts and Crafts Sukkot Begins	26 10:00 am Let's Get Moving: AM Walk 10:30 am Simple C Trivia 1:00 pm Puzzles/UNO 1:30 pm Classic TV 2:00 pm Hydration and Snacks 3:00 pm Let's Get Moving: Garden 3:30 pm Concert Footage 4:00 pm Arts and Crafts
27 9:30 am Rise and Connect 10:00 am YouTube Devotion 10:30 am Lucynt Interactive Games 11:00 am Walk in the Garden 1:30 pm Quiet Reflection 2:00 pm Classic Movie/TV Shows	28 9:30 am Start the Day: Morning Chat 10:00 am Daily Chronicles 10:30 am Let's Get Moving: Garden 11:00 am Scenic Views and Scriptures 1:00 pm Simple C Trivia 1:30 pm Singalong 2:00 pm Monday Manicures w/ Laurita 3:30 pm Snack and Hydration	29 9:30 am Start the Day Morning Chat 10:00 am Daily Chronicles 10:30 am Let's get Moving 11:00 am Sit and Be Fit w/Shayla 1:00 pm Simple C Trivia 1:30 pm Let's get Moving 3:30 pm Snack and Hydration	30 9:30 Start the Day / Scriptures 10:00 am Devotion with Pastor Eric 11:15 am Our Lady of the Lake Catholic Church Communion 1:30 pm Gentle Chair Exercise 2:00 pm Simpe C Trivia Games 2:30 pm Let's Get Moving 3:00 pm Board games – Match the Duo 3:30 pm Snack and Hydration	September 2026 THE HARBOR 		